

2010 Wisconsin State Regional Championships
 Hosted by **Badger Aquatics Club**
 WI Sanction 2010-140WI

- DATE: February 19-21, 2010
- LOCATION: Middleton-Cross Plains Area Pool
 2230 Bristol Avenue
 Middleton, WI 53562
- FACILITY: An 8-lane, 25-yard pool with a starting depth of 4-1/2 to 5 feet and a turn depth of 4 feet. It has regulation height starting blocks (30") and ample viewing area for athletes and spectators. The Competition Course has not been certified in accordance with USA Swimming's Rule 104.2.2(c).
DOORS WILL NOT BE OPEN BEFORE 7:00 AM.
- SCHEDULE:
- | | | |
|------------------------|--|--------------|
| Friday evening | Warm-ups | 4:30-5:30 pm |
| | Meet start | 5:35 pm |
| Saturday & Sunday A.M. | Warm-ups | 7:30-8:25 am |
| | Meet start | 8:30 am |
| Saturday & Sunday P.M. | warm-ups at the conclusion of the A.M. session and Lasting one hour. | |
- Breaks may be scheduled prior to each day's distance freestyle event. The meet management and officials will determine the duration of each break. Depending on duration, the competition pool may or may not be open for warm-ups during these breaks. However, the diving well will remain open.
This meet will be run using FLY-OVER starts!!!
 Please be advised that due to the depth of the non-starting end of the pool, the 2nd and 4th leg of all 100-Yard relays will start in the water.
- SEEDING: All events will be pre-seeded except for the 500 Free(s), 1000 Free(s) and 1650 Free(s), which will be positive check-in events. The 500, 1000, and 1650 Freestyle events will be run fastest to slowest, alternating girls with boys. Events and/or genders may be combined at the discretion of the head official and the meet directors.
- WARM-UPS: General warm-ups/circle swimming for approximately 30 minutes. One-way sprint and/or pace lanes will be designated as needed by the meet director for the remainder of the warm-up session. The diving well will be available for warm-up/warm-down during all sessions.
 Sit and slide entries from the starting end of the pool during general warm-ups will be enforced for all sanctioned/approved competition.
- ENTRIES: Swimmers may compete in **FIVE** individual events per day to a maximum of **SEVEN** individual events for the meet. **Per USA Swimming rules a swimmer may not swim more than 5 individual events per day.** 10 & Under, 11-12, and 13-14 swimmers may not swim in an event in their age group in which they have achieved a state cut prior to **February 10, 2010**. All swimmers who have achieved state cuts may swim those events in the Senior category. A swimmer that achieves a state cut after

February 11, 2010 may still swim that event at the Regional meet. Any 8 & Under may swim in any 8 & Under event regardless of seed time, but may not swim 10 & Under events in which they have achieved a state cut.

- ENTRY DEADLINE:** Entries **must** be e-mailed to swimbac@gmail.com by **5:00 pm on Wednesday, February 10, 2010**. You will receive a confirmation e-mail. If you have not received your confirmation by Thursday PM, call Drew at (608) 438-7146 immediately. Your completed entry form, signed waiver, and entry fees must be received by **Friday February 12, 2010**. This meet will be run using Hy-Tek meet manager. All teams are encouraged to submit entries in the Hy-Tek commlink format. No phone entries will be accepted!
- ENTRY FEES:** \$3.00 LSC splash fee per swimmer, \$4.00 per individual event and \$10.00 per relay.
- DECK ENTRIES:**
- 1) **Deck entries are available for High School boys. New heats may be added to accommodate the added High School boy's entries. High School boys deck entries will be at the same cost of \$3.00 splash \$4.00 per individual and \$10.00 per relays.**
 - 2) Other deck entries will be accepted to fill any open lanes. NO new heats will be created. If the swimmer is not already entered into the meet they will pay the \$3.00 LSC splash fee, if they are in already in the meet no new LSC fee is needed. The individual event fee will be \$8.00 and \$20.00 per relay.
 - 3) All deck entries must be done at least 30 minutes prior to the session that the events are to be swum.
- REGISTRATION:** All deck entrants must prove USA Swimming registration at the meet. If the swimmer is not registered, registration on deck will be accepted for a fee of \$58.00-\$53.00 Registration \$5.00 Surcharge – TOTAL \$58.00
- TIMING SYSTEM:** All events (with the exception of 25 yard races) will be timed using a Daktronics Timing System with horn start, touch pads, one button, and 2 watches as backup. All 25-yard races will be timed with 2 watches.
- DISABILITY SWIMMERS:** Please inform the head official of those needs prior to the start of each session.
- AWARDS:** 1st through 16th place ribbons will be awarded for all individual and relay events.
Individual High Point Awards:
1st-3rd High Point Awards for each Age Group will be awarded
Team High Point Awards:
1st-3rd Awards to the Top 3 teams
No awards will be mailed. Awards not picked up will be brought to the 12-Under State meet.
- SCORING:** This meet will be scored through 16th place with relays counting double.
- OFFICIALS:** Ben Radloff will be the Head Referee. Others will be assigned.
- MEET CONDUCT:** Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition.

In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.

- ADMISSIONS: Programs will be available for \$3.00 on Friday and \$4.00 per session on Saturday and Sunday. A \$2.00 per session admission for 12-older spectators will be charged.
- FINAL RESULTS: Results will be posted on the Wisconsin web. Commlinked meet results will be sent via email upon request.
- CONCESSIONS: Delicious hot and cold foods will be available for purchase throughout the meet.
- ENTRY CHAIR: Drew Walden (send entries by e-mail to Drew at swimbac@gmail.com; send all pre-meet inquiries to swimbac@gmail.com or contact Drew at 608-438-7146).
- MEET DIRECTORS: Janice Walden and Joe Prestigiacomo
- MAIL WAIVERS AND CHECKS TO Janice & Drew Walden
2737 Tower Hill Drive
Fitchburg WI 53711
(608) 438-7146—Drew's cell phone
- E-MAIL ENTRY TO: swimbac@gmail.com **In the text of your e-mail include the Team name, number of swimmers, number of individual swims and number of relays. Also include a contact phone number and e-mail for your entry chair.**

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 Schedule of Events

Friday Evening 2/19/10

(4:30 pm warm-ups, 5:35 pm start)

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
	1	Sr. 100 Fly	2	
1:06.19	3	13-14 100 Fly	4	1:03.99
2:37.89	5	11-12 200 IM	6	2:37.19
3:02.69	7	10&U 200 IM	8	2:59.49
	9	Sr. 100 Breast	10	
1:15.59	11	13-14 100 Breast	12	1:12.99
1:25.99	13	10&U 100 Back	14	1:24.79
		*** BREAK ***		
7:01.29	15	12-U 500 Free	16	7:04.49
6:03.59				6:07.99
	17	Sr. 1000 Free	18	

Saturday AM 2/20/10

(7:30 am warm-ups, 8:30 am start)

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
	19	10&U 200 Fr Rel	20	
	21	11-12 200 Fr Rel	22	
1:11.49	23	10&U 100 Free	24	1:12.19
1:02.39	25	11-12 100 Free	26	1:03.39
37.69	27	10&U 50 Fly	28	38.09
32.19	29	11-12 50 Fly	30	33.09
38.89	31	10&U 50 Back	32	39.09
33.39	33	11-12 50 Back	34	34.29
1:38.69	35	10&U 100 Breast	36	1:37.59
1:22.89	37	11-12 100 Breast	38	1:24.49
2:35.69	39	10&U 200 Free	40	2:37.09
28.69	41	11-12 50 Free	42	29.09

Sunday AM 2/21/10

(7:30 am warm-ups, 8:30 am start)

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
1:12.89	81	11-12 100 Back	82	1:14.19
	83	10&U 200 Med Rel	84	
	85	11-12 200 Med Rel	86	
	87	10&U 100 IM	88	1:24.39
	89	11-12 100 IM	90	1:14.29
	91	10&U 50 Free	92	32.69
	93	11-12 200 Free	94	2:17.89
	95	10&U 50 Breast	96	44.39
	97	11-12 50 Breast	98	38.79
	99	10&U 100 Fly	100	1:25.99
	101	11-12 100 Fly	102	1:14.59

Saturday PM 2/20/10

(1-hour warm-ups at end of am session)

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
	43	Sr. 400 IM	44	
5:10.49	45	13-14 400 IM	46	5:02.59
	47	8&U 100 Fr Rel	48	
	49	Sr. 200 Fr Rel	50	
	51	13-14 200 FR	52	
	53	8&U 50 Free	54	
	55	Sr. 100 Free	56	
57.99	57	13-14 100 Free	58	56.09
	59	8&U 25 Back	60	
	61	Sr. 200 Back	62	
2:25.69	63	13-14. 200 Back	64	2:20.09
	65	8&U 50 Breast	66	
	67	Sr. 50 Free	68	
26.99	69	13-14 50 Free	70	25.79
	71	8&U 25 Fly	72	
	73	Sr. 200 IM	74	
2:25.09	75	13-14 200 IM	76	2:18.39
		BREAK		
	77	Sr. 500 Free	78	
5:34.09	79	13-14 500 Free	80	5:27.29

Sunday PM 2/21/10

(1-hour warm-ups at end of am session)

<u>Cutoff</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Cutoff</u>
	103	8&U 25 Free	104	
	105	Sr. 200 Free	106	
	107	13-14 200 Free	108	2:01.99
	109	8&U 100 Med Rel	110	
	111	Sr. 200 Med Rel	112	
	113	13-14 200 Med Rel	114	
	115	8&U 50 Back	116	
	117	Sr. 100 Back	118	
	119	13-14 100 Back	120	1:03.99
	121	8&U 50 Fly	122	
	123	Sr. 200 Fly	124	
	125	13-14 200 Fly	126	2:22.29
	127	8&U 25 Breast	128	
	129	Sr. 200 Breast	130	
	131	13-14 200 Breast	132	2:39.09
	133	8&U 100 IM	134	
		*** BREAK ***		
	135	Sr. 1650 Free	136	

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Wisconsin Swimming Inc. & Badger Aquatics Club Meet Waiver

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, Wisconsin Swimming Inc., Middleton-Cross Plains High School, Badger Aquatics Club (BAC) and meet officials for injuries and/or expenses incurred by me/us at this meet or while on the road to and from this meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

Signature of Club Official, parent or guardian: _____

Position _____ Phone # _____

Team Name & Abbreviation _____

Team Coach _____ Phone # _____

Name (if other than coach) & address for sending final results:

Name: _____

Street: _____

City: _____ State _____ Zip _____

E-mail address to send final results: _____

ENTRY FEE RECAP—Entries due **Wednesday February 10, 2010**

swimbac@gmail.com - In the text of your e-mail include the Team name, number of swimmers, number of individual swims and number of relays. Also include a contact phone number and e-mail for your entry chair.

Total # of individual events: _____ X \$4.00 = \$ _____

of Relays: _____ X \$10.00 = \$ _____

Total # of swimmers: _____ X \$3.00 = \$ _____

Total Entry Fee Due: \$ _____

Make all checks payable to Badger Aquatics Club

Mail to:
2737 Tower Hill Drive
Fitchburg WI 53711

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Time Trials

Sunday, February 21, 2010
WI Sanction # 2010-141WI(TT)

- When:** At the conclusion of the Sunday afternoon session as time permits and at the discretion of the meet directors. Pool will be open for a 20 minute warm-up period following the conclusion of the Sunday afternoon session.
- Events:** See meet order of events listing. Events and or Genders may be combined at the discretion of the head official and the meet directors. The order of events will be as follows: Free, back, breast, fly, IM and starting at the shortest distance (50y) and progressing up to the longest (1650y). The 1000 and 1650 free will be run last as a combine event.
- Time Limit:** BAC reserves the right to limit the time trials to one hour. If swims do not make it by the time limit, those fees will be refunded.
- Limit:** **Two (2) per swimmer**
- Fee:** \$10.00/individual event
- Registration:** Registrations will be accepted up until 2:00 pm Sunday afternoon.
- Procedures:** Swimmer(s) will sign up for an event at the pool office. Swimmer(s) will fill out a form at the office—swimmer's name, age, team, event name and seed time. Form and event fee must be turned in to the office before the deadline (above). A meeting for time trials participants will be held prior to the start of time trials. A heat sheet will be posted with heat and lane assignments. It is the swimmer's responsibility to be ready to swim when his/her event is called. The referee will not hold the start of the event to wait for a swimmer to show. An announcement will be made that time trials are beginning and swimmers should report to the meeting immediately.
- We Provide:** Officials, Daktronics Timing, and Meet Management.
- Swimmers Provide:** Timers, stopwatches (some may be available).